



### Solomon's Jewish Deli Visits the Farm

It is fun when chef's come check out the farm. Last week, the owner of Solomon's Jewish Delicatessen came out with her chef, Chef Aimal, and his son Lucca. CSA member Alex, who writes for *J Weekly* had done an article about the opening

of Solomon's and connected us.

The deli is located in Davis, right off the freeway at the gateway to downtown. Alex, her husband Paul, and I had lunch there several months ago, which was a real treat. Solomon's is working on building a full restaurant in Sacramento, and has been looking for a local farm to partner with, which was the impetus for the meeting. Solomon's is in Davis, and most of you live in SF or the East Bay, but I thought their story was fun and wanted to share it with you. And if you are on your way to the snow, they really are just 2 minutes off the freeway, you could get you bagels with schmear, soup, and salad on your way! If you do stop by, let them know Eatwell sent you. As a native San Franciscan, their story touched my heart and brought back a lot of memories!

*"What started as an idea to bring a classic delicatessen experience to Sacramento by organizers of the Jewish Food Faire (Jami Goldstene, Lydia Ingrham, Sheila Wolfe) developed into Solomon's Delicatessen when Andrea Lepore joined the effort and created the brand and concept to honor Tower Records and founder Russ Solomon. Bringing the team behind The Red Rabbit Kitchen + Bar (Lynn & Sonny Mayugba, John Bays, Dave Pringle) and adding in local acclaimed executive chef Aimal Formoli, Solomon's Delicatessen was officially launched! Solomon's, like Tower Records, is a community gathering place with soul where music and culture is celebrated and everyone is welcome."*

### Marmalade Oranges - AKA The Seville

It is Seville season! These are the bitter orange that are used in true marmalade. The crops is quite good this year, Jose estimates we have about 500 lbs! This past Saturday I spoke with June Taylor and she will take a 150 lbs for her marmalade. Her jams, jellies, marmalades and candied fruits are like no others I have ever had. So I am honored that Eatwell Sevilles will become a part of her lineup.

The history of Seville Marmalade begins in England in the 1700's, when a Spanish ship, damaged in a storm, sailed into Dundee harbor. A local merchant bought the load of Seville oranges and his wife turned the fruit into preserve. The original marmalade, however, was invented by the Romans, and was known as Marmelo. Marmelo was made with quince and preserved with honey, sounds delicious! As we have Seville's available at the moment to order as extras here is a link to the BBC's recipe for the Ultimate Seville Orange Marmalade <https://www.bbcgoodfood.com/recipes/1153/ultimate-seville-orange-marmalade>. The season isn't long, so get yours while you can!



### Dirty Lettuce and Spinach

Many CSA members wonder why we don't wash the lettuce or spinach. We don't wash lettuce or spinach for a couple of reasons. First, the greens degrade rather quickly once it is washed. Most often, that pre-washed bagged stuff you buy in the store is washed in chlorine water, and the bags are injected with preservatives.

The second reason we don't wash them is we want to avoid the possibility for cross contamination. Since we mostly eat lettuce raw, and often the spinach, there is no opportunity to kill off bacteria in a cooking process. For example, if one bunch of lettuce is contaminated from the birds flying overhead, adding that bunch of lettuce to our wash bin can contaminate all of the lettuce or spinach we're washing. This is why Big Ag/ large scale food production is problematic. Many companies now tout "triple washed" as their standard.

However, if you're at home, simply adding some vinegar to your wash water can kill much of the harmful bacteria. For more information on that, visit the David Suzuki Foundation's website at <https://davidsuzuki.org/queen-of-green/does-vinegar-kill-germs/>

Just an FYI on distilled vinegar, it may be made with petroleum products, so read your ingredient label. I recommend the Organic Distilled Vinegar by Spectrum.



### Member Profile: Little Vine

Little Vine is an artisan general store located on historic Grant Avenue in North Beach. It specializes in wine, cheese and groceries from small producers in the Bay Area and beyond. Its cheese counter offers 150 cheeses and most are available for tasting! The staff's handpicked wine selection includes a large variety under \$25 a bottle, which you aren't likely to find anywhere else. Whether you are planning dinner, a party, a special gift or a great snack, Little Vine has you covered. Please stop by- Jay, Jon and Alicia look forward to seeing you!

For economical and environmental reasons, we will be ending the printed newsletter in the CSA box in two weeks. If you'd still like a printed newsletter, please email us your name and pick up site. We will leave you a hard copy on your site's clipboard.

# RECIPES AND IDEAS FROM LORRAINE

## How I Break Down This Week's Box

By Lorraine

- Kraut your Cabbage
- Quickle (quick pickle) the Turnips/Daikon and enjoy on a salad or as a small side
- Make Fritters out of the Bok Choy
- Roast Cauliflower - Recipe attached
- Roasted Celeriac with Meatballs - Recipe attached. Serve with steamed Broccoli or roasted Romanesco and Rice
- Enjoy a Salad with either Lettuce or Spinach and make a Citrus Vinaigrette -Recipe attached

## Beef Meatballs with Lemon and Celeriac

Recipe from Ottolenghi Simple by Yotam Ottolenghi

Serves 4 | Takes approx. 1.5 hours

14 oz Ground Beef  
1 medium Onion, finely chopped about 1 cup  
3 cups fresh White Breadcrumbs  
1 cup Parsley, chopped, plus extra to garnish  
1 large Egg, beaten  
3/4 tsp ground Allspice  
Salt and Black Pepper  
2 TB Olive Oil  
1 Celeriac, peeled, quartered and each quarter cut crosswise into 1/2" slices  
3 cloves Garlic, crushed  
1/2 tsp ground Turmeric  
1 1/2 tsp Fennel Seeds, lightly crushed  
1 tsp Sweet Smoked Paprika  
2 cups Chicken Stock  
3 1/2 TB Lemon Juice

Put the beef, onion, breadcrumbs, parsley, egg, allspice, 1/2 tsp salt, and some black pepper into a large bowl. Using your hands, mix well, then form into about 20 balls. Each ball should weight ab out 1 1/2 oz. Put the oil into a large sauce pan with a lid and place over his heat. Add the meatballs and sear for 5 minutes, turning so that all sides are golden brown. Transfer the meatballs to a separate plate and add the celery root, garlic, turmeric, fennel, and paprika to the pan. Cook overweigh heat, stirring, for 2 minutes, until the garlic has taken on a bit of color and the spices smell aromatic. Return the meatballs to the pan and add the stock, lemon juice, 1/2 tsp salt and some black pepper. Bring to a boil, then simmer gently over medium-low heat, covered, for 30 minutes. Remove the lid and leave to bubble away for about 10 minutes, for the sauce to thicken up. Remove the pan from the heat and allow it to sit for 5 or 10 minutes. Serve, along with a final sprinkle of parsley.

### Ways to Enjoy Your Veggies:

#### Saute:

Bok Choy, Broccoli, Cabbage, Cauliflower, Celeriac, Chard, Daikon, Leeks, Romanesco, Spinach, Turnips

#### Steam:

Bok Choy, Broccoli, Cauliflower, Romanesco

#### Roast:

Cauliflower, Celeriac, Daikon, Leeks, Romanesco, Turnips

#### Puree:

Cauliflower, Celeriac, Turnips

#### Salad:

Broccoli, Cabbage, Grapefruit, Lettuce, Spinach

#### Pickle:

Bok Choy, Cabbage, Cauliflower, Daikon, Romanesco

## What Do I Do With Celeriac?

Celeriac is that weird looking bulb in your box this week. It's not the prettiest veg, but it is delicious! Because it is the celery root, it expectedly has a sweet celery-like flavor. I have one friend who thinly slices it to use instead of pizza dough! You can grate it and add to salads and slaws. Celeriac is wonderful roasted whole or added to mashed potatoes. When roasting you have a couple of options. The more common method is to peel and cube and at it to your roast veg pan. My favorite is to wash really well, leave the skin on, rub with a little olive oil and sprinkle with salt and roast it whole like a potato. It pops open like a baked potato and is amazingly delicious. Celeriac is wonderful in soup in place of potatoes.



### This Week's Box List

- \* Bok Choy
- Broccoli
- Cabbage
- \* Cauliflower
- \* Celeriac
- Chard
- Daikon Radish or Purple Top Turnips
- \* Grapefruit
- Leeks
- \* Lemons
- \* Lettuce or Spinach
- \* Romanesco

\* = Items in Box for 2

## Crispy Curried Cauliflower

Recipe from Feed Your People by Leslie

Jonath

Takes approx. 1 hour

1 head of Cauliflower or Romanesco  
1 1/2 TB Coconut Oil or Ghee, melted  
1/2 Dried Arbol Chile  
Fine Sea Salt, to taste  
Curry Powder  
Serve with Lime Wedges

Position oven rack in the center of the oven and preheat to 450 F. Line a sheet pan with parchment paper. Trim off the base of the cauliflower, then cut into 2" florets and the core into 2" pieces.

Transfer the florets, core pieces and leave to one or more large bowls and toss with the coconut oil to coat evenly. Add the Chile and a pinch of salt. Put the cauliflower onto the baking sheet spacing about 1/2" apart. Roast for about 35 minutes. Remove from the oven, sprinkle with about 1 TB Curry powder, stir and toss to coat. Return to the oven and continue to roast until the cauliflower is a deep golden brown and slightly crispy at the edges, 5 to 7 minutes longer. Remove from the oven, discard the chile and squeeze lime juice over the pan. Serve.

## Grapefruit Vinaigrette

Original Recipe from NYT Cooking by Martha Rose Shulman

Takes approx. 15 minutes

1 Grapefruit  
1 tsp Honey or Agave Syrup  
Pinch of Salt  
1 TB plus 1 tsp Sherry vinegar or Cider Vinegar  
2 TB Sunflower Oil  
1 TB Extra Virgin Olive Oil  
Squeeze 1/2 of the grapefruit. Measure out 1/3 cup of juice and place it in a small saucepan. Add the honey or agave and bring to a boil over medium-high heat. Reduce to 1/4 cup and remove from the heat. Whisk in salt, vinegar and the oils. Cut away the peel and pitch from the remaining grapefruit half. Cut the sections away form the membranes that divide them and chop fine. Stir into the vinaigrette.

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